

City of Torrance

5-0 and on the go!
Promoting fitness, fun, and friendships

MARCH/APRIL 2014

4th Annual Senior Prom 2014

Unforgettable!

Friday, April 11, 2014

12:30 – 3:00 p.m.

\$8.00



Ken Miller Recreation Center
3341 Torrance Blvd., Torrance

- * Liz Holmes Retro Swing Band *
- * Dancing & "Easy dance lessons" *
- * Light refreshments *

Tickets will be on sale January 27th at Bartlett Senior Center.
Seating is limited – Please purchase your tickets early!

City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310/320-5918 • www.Recreation.TorranceCA.Gov



"Creating and Enriching Community through People, Programs and Partnerships"





TORRANCE TRAVELERS

On the go again!

Register for SPRING 2014 excursions on:

Friday, February 28, 2014

9:00 to 11:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Payment may be made by check or credit card only!

Sorry, we can't accept cash.

Please make checks payable to the *City of Torrance*.

For openings after February 28, 2014 or for cancellations, please call 310/618-2720.

For tour information, please call our Tour Information line at 310/618-2468.

Santa Barbara International Orchid Show

Friday, March 14, 2014

LEAVES FROM WILSON PARK at 8:30 a.m.

RETURNS at approximately 6:00 p.m.

Torrance resident fee: \$93.00 per person

Non-resident fee: \$103.00 per person



The 69th Annual Santa Barbara International Orchid Show arrives this spring and we don't want to miss it! We'll take a scenic drive north along Route 101 to the Carpinteria Valley, where we'll visit an exotic working nursery. While we're there we'll be able to talk to the growers and purchase exotic plants to take home. Then we make our way over to *Mulligan's at the Santa Barbara Golf Club*, where we'll feast on a buffet luncheon of Salad, Rosemary Chicken, Rice Pilaf, Fresh Bread, Dessert, and Beverage. After lunch we head over to the *International Orchid Show*! With more than 60 exhibitors displaying hundreds of orchid varieties from around the world, this year's show promises to be one of the best and brightest ever! We'll see beautiful flower arrangements, orchid themed table settings, and demonstrations of orchid culture. We can even visit the large tent where we'll find plants, corsages, limited-edition posters, so much more for sale! Join us for a beautiful day in Santa Barbara!

'S WONDERFUL

The New Gershwin Musical



Sunday, April 6, 2014

LEAVES FROM WILSON PARK at 11:00 a.m.

RETURNS at approximately 5:00 p.m.

Torrance resident fee: \$118.00 per person

Non-resident fee: \$133.00 per person

We're heading out to the Carpenter Performing Arts Center at Long Beach State University for the West Coast premiere of *'S WONDERFUL: The New Gershwin Musical*! A singing and dancing extravaganza, featuring over 42 songs by the beloved Gershwin Brothers, including "Someone to Watch Over Me," "I've Got Rhythm," "Embraceable You," "Let's Call the Whole Thing Off," "Our Love is Here to Stay," and more. The melodies flow through five mini-musicals inspired by stories of young love, beginning in 1920s New York City, moving to Paris in the 1930s, Hollywood in the '40s, New Orleans in the 1950s, and ending in the present day. *'S WONDERFUL* takes you on a nostalgic ride that has been called "a gem for Gershwin lovers, young and old." We'll have lunch at the Claim Jumper where we'll have our choice of entrees: Black Tie Chicken Pasta served with Garlic Cheese Toast; Country Fried Steak served with mashed potatoes; Chicken Pot Pie served with fresh fruit; Smoked Bacon & Cheese Burger served with French Fries; or BBQ Chicken Salad.

ALL ABOARD the FILLMORE & WESTERN RAILWAY



Sunday, April 27, 2014

LEAVES FROM WILSON PARK at 9:30 a.m.

RETURNS at approximately 5:30 p.m.

Torrance resident fee: \$104.00 per person

Non-resident fee: \$119.00 per person

All aboard the *Fillmore & Western Railway* for a sentimental journey! We'll take the back roads of Ventura County to Fillmore and board our train for Santa Paula. Along the way, we'll relax and enjoy a private luncheon in the 1930's vintage dining car as we travel through the orange and avocado groves of the *Heritage Valley*. Our first stop of the day downtown Santa Paula, where we can visit the historic *Southern Pacific Depot*, the *St. Francis Dam Memorial* sculpture, the amazing rotating water ball in *Railroad Plaza Park*, the *Santa Paula Art Museum*, the *California Oil Museum* or the *Ventura County Agriculture Museum* or take a self-guided walking tour of world-class murals. All of these historic sites are within walking distance of the train depot. On our return to Fillmore we'll stop at *Loose Caboose Garden Center and Gift Emporium* where we'll find garden art, fountains, koi ponds and supplies, local honey and produce, and a wide variety of one-of-a-kind gift items, year-round Christmas decorations, and plants. What a fun way to spend the day!



SOLVANG TRAIL of TREATS

Monday, May 19, 2014

LEAVES FROM WILSON PARK at 8:00 a.m.

RETURNS at approximately 7:30 p.m.

Torrance resident fee: \$101.00 per person

Non-resident fee: \$116.00 per person

All the sights, sounds and scents of a Danish village will envelop when you spend the day in Solvang on this all new tour. We'll see a traditional Danish windmill creaking in the breeze stirring up the aroma of fresh-baked pastries. Located in the heart of the lush Santa Ynez Valley, Solvang has long been a popular getaway for southern Californians. When we first arrive, we'll be joined by a local guide who will introduce us to this charming town. At the conclusion of the tour, we'll have a chance to sample some of Solvang's tasty treats including traditional Aebleskivers served with raspberry jam and a dusting of powdered sugar. We'll also stop by one of the famous bakeries to pick up a bag of fresh baked Danish cookies and a chocolate shop for a small box of their handmade confections. Lunch will be at Solvang's oldest restaurant, *Bit O' Denmark*, where we will help ourselves to their tasty smorgasbord. We'll have the remainder of the afternoon for shopping and exploring the quaint, little town of Solvang! Won't you join us for a delightful day in Solvang?



RICHARD NIXON PRESIDENTIAL LIBRARY

Wednesday, June 18, 2014

LEAVES FROM WILSON PARK at 10:30 a.m.

RETURNS at approximately 5:00 p.m.

Torrance resident fee: \$103.00 per person

Non-resident fee: \$118.00 per person

The *Richard Nixon Presidential Library* opened its doors in 1990 at the site of the birth and resting place of America's 37th President. Built around Nixon's childhood home, the library is a treasure trove for those who love the intrigue of politics. There is an extensive *Watergate* exhibit as well as many interesting items that President Nixon collected during his career. We'll have lunch at the award winning Anaheim White House Restaurant. With its lush, rolling lawn and white facade, it's reminiscent of the White House in Washington D.C. We'll be treated to an outstanding three-course luncheon in one of the restaurant's Presidential rooms. Then we're off to the *Richard Nixon Library and Birthplace*. We'll tour the museum and visit 23 galleries encompassing Nixon's rise to political power, his achievements in domestic and foreign policy, presidential gifts he received throughout his political life, and his lasting legacy. We can also visit the *First Lady's Rose Garden*, which is the largest rose garden on Orange County and pays tribute to Pat Nixon's love for roses. Just beyond the garden lies the flower ringed burial sites of President and Mrs. Nixon. Join us for a wonderful tour full of good food and political history!

CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

March 5 11:00 a.m. – 12 noon	<i>Brain Boosters!</i> <i>"Remembering the 50's!"</i>	Bartlett Center Ritsema Hall (Dining Room)
March 25 10:00 a.m. – 12 noon	<i>Seniors Don't Be Scammed!</i> <i>"Scams Targeting Seniors"</i>	Katy Geissert Civic Library Meeting Room
February 3 – April 15 9:00 a.m. – 2:30 p.m.	<i>AARP Tax-Aide for Seniors</i>	Police Community Center 1215 El Prado Ave. in Torrance
April 11 12:30 – 3:00 p.m.	<i>4th Annual Senior Prom</i> <i>"Unforgettable"</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
May 10 9:30 a.m. – 2:30 p.m.	<i>15th Annual Senior Faire</i> <i>"Safe today. Healthy Tomorrow."</i>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance

5 - 0 and on the go!

If you have not renewed your membership, this will be your last issue of the *5 - 0 and on the go! Newsletter!*

For just \$5 a year you can become a member of the *5 - 0 and on the go! Association* (for anyone aged 50+). Just come to any Senior Center to sign-up in person (be sure to check the *5 - 0 and on the go! Newsletter* for hours of operation) or make a check payable to the City of Torrance, and mail to:

5 - 0 and on the go!, 1318 Cravens Avenue, Torrance, CA 90501

Memberships are renewable each January. Please enclose a self-addressed, stamped envelope for the return of your membership card!

PLEASE DON'T FORGET TO RENEW YOUR ASSOCIATION DUES!



FREE TAX ASSISTANCE FOR SENIORS! **NEW LOCATION!**

AARP Tax-Aide has relocated to 1215 El Prado in Downtown (Old) Torrance. The site is on the cul-de-sac at the corner of Sartori and El Prado Avenues.

AARP Foundation Tax-Aide provides FREE tax return preparation and e-filing by volunteers certified by the IRS and California Franchise Tax Board. Special attention to those aged 60+.

The Tax Assistance Program begins February 3, 2013, and continues through April 15, 2013.

Assistance is available Monday - Friday from 9:00 a.m. to 2:30 p.m.

What to bring with you:

- ✓ All forms, W-2 form, and 1099's
- ✓ Information for all deductions/credits
- ✓ A copy of your 2012 tax return

Walk-ins only. Appointments are unavailable.

FOR MORE INFORMATION, PLEASE CALL: 310/618-2724



SENIORS Don't Be Scammed!

Scams Targeting Seniors



Tuesday, March 25, 2014

10:00 a.m. – 12:00 noon

Katy Geissert Civic Center Library

Community Meeting Room

3301 Torrance Blvd., Torrance

Sponsored by Torrance Police Department and Torrance community Services Department

15th Annual SENIOR FAIRE

Celebrating *Older Americans' Month*:

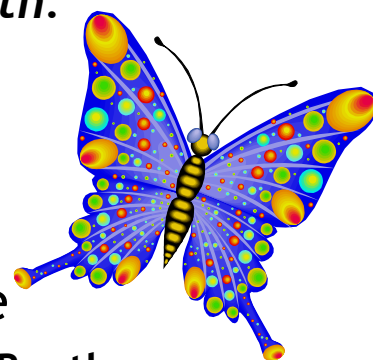
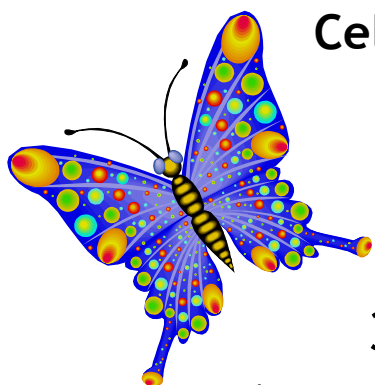
Safe Today. Healthy Tomorrow.

Saturday, May 10, 2014

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance



Arts and Crafts * Entertainment * Food Booths
Health Information * Blood Pressure Screenings
Community Resource Information



(Crafts Vendors: please call the Bartlett Center at 310/320-5918
for more information and registration forms!)

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310/329-1889

Tuesday, Wednesday, and Thursday 9:00 a.m. to 4:00 p.m.



TUESDAY	9:00 a.m. - 4:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 st Tuesday of the month
	10:00 a.m.	KNITTING, CROCHETING, AND CRAFTS 3 rd Tuesday of the month
	 9:30 a.m.	WIRE WRAPPING W/ CLIFF 2 nd and 4 th Tuesdays of the month
WEDNESDAY	9:00 a.m. - 4:00 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE 1 st Wednesday of the month
THURSDAY	9:00 a.m. - 4:00 p.m.	CENTER IS OPEN 
	12:30 - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00





BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310/320-5918

HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:

MONDAY	 8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00/Semester
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard	
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00/Semester
	9:00 a.m.-3:00 p.m.	Beadwork Workshop	
THURSDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Ceramics Workshop 	
	9:30 a.m.-12:30 p.m.	Lapidary Workshop	Wrap-around Safety Glasses are Required!
	12:30 p.m.	Thursday Afternoon at the Movies	
FRIDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)	Fee: \$55.00 /Semester
	9:30-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop	
	12:30-2:30 p.m.	Seniors Open Discussion Group	
SATURDAY	9:00 a.m.-12:00 noon	Shuffleboard	
	9:00 a.m.	Bridge and assorted table games are played	
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME!	
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group	
	12:30 p.m.	Saturday Afternoon at the Movies	
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in! 	

Special Notes: Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

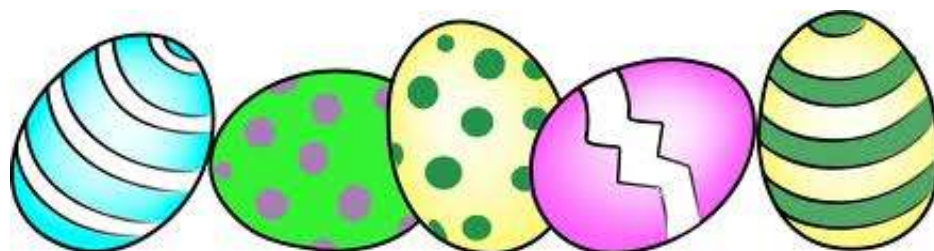
Please call 310/320-5918 to make an appointment.



Torrance Loving Care “TLC” Tuesdays Tillim Senior Center!

First Tuesdays ~ 9:30 - 11:30 a.m. 

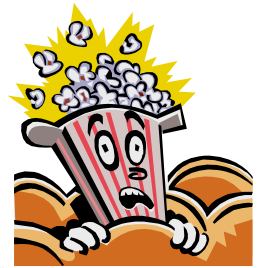
Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.



THURSDAY AND SATURDAY MATINEES!

FREE MOVIES AND POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



February 27

March 1



March 6 and 8

The Big Year

Rated PG for language
and some sensuality.



Steve Martin
Jack Black
Owen Wilson

Johnny English Reborn

Rated PG for mild action violence, rude
humor, some language, and brief sensuality.

Rowan Atkinson
Gillian Anderson
Dominic West



March 13 and 15

Say Anything...

Rated PG-13 for adult content,
adult language, and mild violence.

John Cusak
Ione Skye
John Mahoney



March 20 and 22

Robin Hood

Rated PG-13 Parents strongly
cautioned. Some material may be
inappropriate for children under 13.

Russell Crowe
Cate Blanchette
Max von Sydow

March 27 and 29

Seven Days in Utopia

Rated G



Lucas Black
Robert Duvall
Melissa Leo

April 3 and 5

Grace Is Gone

Rated PG-13 Parents strongly
cautioned. Some material may be
inappropriate for children under 13.

John Cusak
Alessandro Nivola
Mary Kay Place

April 10 and 12

Starting Out in the Evening

Rated PG 13 for sexual content,
language, and brief nudity.



Frank Langella
Lauren Ambrose
Lili Taylor

April 17 and 19

I Hate Valentine's Day

Rated PG-13 for some sexual content.

Nia Vardalos
John Corbett
Stephen Guarino

April 24 and 26

Bernie

Rated PG for some violent
images and brief strong language.



Jack Black
Shirley McLaine
Matthew McConaughey

May 1 and 3

Courageous

Rated PG-13 for some
violence and drug content.



Alex Kendrick
Ken Bevel
Robert Amaya

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!

WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310/378-3862

MONDAY 12:00 noon to 4:00 p.m. * Table Games and Pinochle *

THURSDAY 12:00 noon to 4:00 p.m. * Table Games and Bridge *

Coffee and cookies always just 30¢!

Come spend some time with us Mondays and Thursdays – you'll really like it! We have a friendly group of Pinochle and Bridge players and you can jump right into the game! Drop in any Monday or Thursday afternoon!



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

March 5, 2014: *The Big Year*

Rated PG for language and some sensuality.

FEATURING: John Cusak, Lone Skye, and John Mahoney

April 2, 2014: *Seven Days in Utopia*

Rated G

FEATURING: Steve Martin, Jack Black, and Owen Wilson

Movie for May: *Hope Springs*



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only * (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

Chair Exercise * 8:15 - 9:45 a.m. Fee: \$39.00/Semester

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore and maintain joint range of motion * Toning and firming for flexibility and cardiovascular health

Intermediate Low Impact Aerobics Through Dance * 9:30 - 11:00 a.m.

Fee: \$39.00/Semester

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

Beginning Low Impact Aerobics Through Dance * 11:00 a.m. - 12:30 p.m.

Fee: \$39.00/Semester

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689) and the City of Torrance Community Services Department.



SEA-AIRE SENIOR CITIZENS GOLF CLUB

Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

Meets Every FRIDAY from 8:30 to 11:00 a.m.

Upcoming general meetings are March 7 and April 4, 2014

If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!



Congratulations to the winners of Sea-Aire Senior Citizens Golf Club Championship Medals: Fran Thompson, Carolyn Shofner, Reggie Lucero, Soon Rim, David Baird, Gary Matzke, Bob Fields, George Brown, Terry Hayes, and John Norris!

Results of January's *One Club* Tournament

Women's Division	Score		Men's Division	Score
Reggie Lucero	62		Terence Flannigan	56
Ginger Brown	63		George Brown	57
Carolyn Shofner	63		Gary Matzke	59
			John Norris	59
			Andrew Lawson	59
			John Holzman	59
			Dick Saunders	59



DID YOU KNOW?

The Home Improvement Program (HIP)

The Home Improvement Program (HIP) is a free program in which Disabled Individuals and Senior Citizens can have a variety of home improvement services completed provided they meet certain criteria. These services include:

Disability Upgrades for the Home

- Wheelchair ramps, staircase handrails, grab bars

Light Plumbing

- Unclog drains, fix leaky faucets, replace/repair faucets, showerheads, and water heaters

Yard Services

- Overgrowth clean up and removal, hauling, and weed abatement

Paint

- Exterior of homes only (water based paint)

Minor Repairs

- Repair/replace broken windows and screens, repair/replace locks, rodent proofing, and trash removal

Services NOT provided:

- Hazardous Materials removal – such as asbestos
- Major roof repairs
- Interior painting
- Paving and concrete work



Services are free for all qualified participants

For more information, please call the HIP Hotline at (310) 618-2731